

Hidden Valley®

RANCH
INSPIRED
*Family
Favorites*

Supplement to Reiman Publications





RANCH INSPIRED *Family Favorites*

*T*his recipe book is the result of a delicious assignment!

Quite a few years ago, we at Hidden Valley® found that our consumers loved to use our dry Original Ranch® Salad Dressing and Recipe Mix as an ingredient in many recipes. While we were familiar with quite a few of these beloved favorites, we wondered what other recipes would benefit from the great taste of Original Ranch.

So we enlisted Mary BoMarc, the head chef of the kitchens here at Hidden Valley, to bring together a group of creative homemakers who experimented with the taste of Hidden Valley Original Ranch in a variety of their family favorites. They remade all of our tried and true recipes and discovered dozens more. Then we had a taste test. To make sure we shared only our best recipes, Mary brought in a discriminating group of

parents, singles and retirees and gave them the delightful job of trying all of the recipes and picking the best of the best.

The result was truly delicious and has produced this special collection of quick, great-tasting appetizers, salads, side dishes and entrees. The secret behind these wonderful and easy recipes is the delicious transformation of everyday foods to something special when you add just one packet of Hidden Valley Original Ranch salad dressing mix. The great taste of Original Ranch adds a creative, new twist to recipes you know your family loves.

We hope you'll enjoy our favorites and will find that even the finicky eaters in your home become members of the clean plate club!

Camille May

Hidden Valley Editor

Please let us know what you think of this book and our recipes by visiting our website at www.HiddenValley.com or calling us at 1-800-537-2823.

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Pictured on the cover (clockwise from top left): Original Ranch® Grilled Bread (see page 11), Original Ranch® Roasted Potatoes (see page 10), Primavera Light (see page 15), Original Ranch® Crispy Chicken (see page 12).

ROASTED RED PEPPER SPREAD

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 8 oz. cream cheese, softened
- 1 cup roasted red peppers, rinsed and drained

In food processor fitted with metal blade, process all ingredients until smooth. Makes 2 cups.

Serving Suggestion: Spread on baguette slices; garnish with sliced ripe olives.

APPETIZERS

ORIGINAL RANCH® SPINACH DIP

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing or Dips Mix
- 1 container (16 oz.) sour cream
- 1 box (10 oz.) frozen spinach, thawed and well-drained
- 1 can (8 oz.) water chestnuts, drained and chopped

Mix together, chill and serve. Makes 2 cups.

Serving Suggestion: Hollow out a round loaf of French bread and fill with dip. Serve with bread cubes and fresh vegetables.

PEPPER AND PARSLEY LOGS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 8 oz. cream cheese, softened
- 2 teaspoons *each*: cracked pepper and chopped fresh parsley

Combine dressing mix and cream cheese. Divide in half; chill until firm. Roll into two 1½ inch logs, coating one with pepper and the other with parsley. Wrap in plastic wrap; chill. Makes 2 logs.

Serving Suggestion: Spread on crackers or bread.

*Pictured at left (from top to bottom):
Pepper and Parsley Logs, Roasted Red
Pepper Spread, Drummettes.*



Snack Mix

Oyster Crackers

Roasted Nuts

ORIGINAL RANCH® OYSTER CRACKERS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 box (16 oz.) oyster crackers
- ¼ cup vegetable oil

Place crackers in large plastic bag. Pour oil over crackers and toss to coat. Add dressing mix; toss again until coated. Bake at 250° F. for 15-20 minutes. Makes 8 cups.

ORIGINAL RANCH® SNACK MIX

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 8 cups Kellogg's® Crispix® cereal
- 2½ cups small pretzels
- 3 tablespoons vegetable oil
- Optional: 2½ cups bite-size Cheddar cheese crackers

Combine cereal, pretzels and crackers in large plastic bag. Pour oil over mixture and toss to coat. Add dressing mix; toss again until coated. Makes about 10 cups.

ORIGINAL RANCH® DRUMMETTES

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- ¼ cup vegetable oil
- 24 chicken drummettes (about 2 pounds)

Combine dressing mix and oil in large bowl. Add drummettes; toss well to coat. Arrange on rack placed in foil-lined baking pan; bake at 425°F. for 25 minutes. Turn drummettes over; bake additional 20 minutes. Makes 24 drummettes.

Spicy Hot Variation: Add 2 tablespoons red pepper sauce to dressing mixture before coating.

Serving Suggestion: Dip cooked drummettes in prepared Hidden Valley® Original Ranch® salad dressing.

ROASTED NUTS FROM HIDDEN VALLEY®

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 pound assorted unsalted nuts, such as pecans, walnuts or mixed nuts
- ¼ cup maple syrup
- 2 tablespoons light brown sugar

Place nuts in plastic bag; add maple syrup and coat well. Sprinkle sugar and dressing mix over nuts. Coat well. Spread nuts in single layer on greased baking pan. Bake at 250°F. for 35 minutes. Transfer immediately to large bowl. Cool, stirring to separate. Makes about 4 cups.

PITA TRIANGLES

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- ½ cup butter, softened
- 6 pita pocket breads, separated into 12 rounds
- 3 tablespoons sesame seeds

Combine dressing mix and butter. Spread 2 teaspoons of mixture on rough side of each round; sprinkle with ½ teaspoon sesame seed. Bake at 375°F. for 8 minutes or until crisp. Immediately cut each one into 6 wedges. Makes 72 wedges.

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APPETIZERS



Pinwheels

HIDDEN VALLEY® PINWHEELS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 2 packages (8 oz. each) cream cheese, softened
- 2 green onions, minced
- 4 (12-inch) flour tortillas
- 1 jar (4 oz.) diced pimiento
- 1 can (4 oz.) diced green chiles
- 1 can (2.25 oz.) sliced black olives

Mix first three ingredients. Spread on tortillas. Drain vegetables and blot dry on paper towels. Sprinkle equal amounts of vegetables on top of cream cheese. Roll tortillas tightly. Chill at least 2 hours. Cut rolls into 1-inch pieces. Discard ends. Serve with spirals facing up. Makes 3 dozen.

ORIGINAL RANCH® DIP

Mix 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing or Dips Mix with 1 container (16 oz.) sour cream. Refrigerate one hour before serving.

Variations: Stir in one of the following:

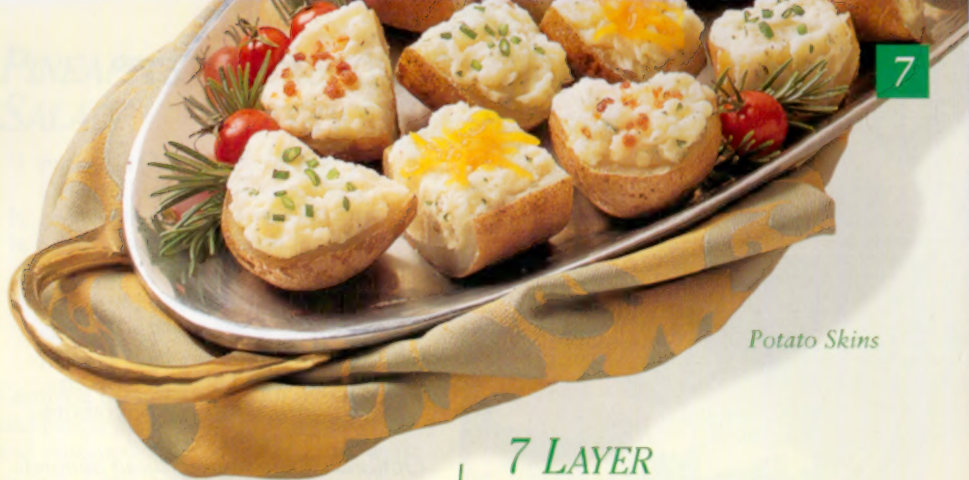
- 2 tablespoons diced green onions
- 1 jar (6½ oz.) marinated artichokes, drained and chopped
- 1 cup diced avocado



ORIGINAL RANCH® MEATBALLS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 pound ground beef
- 2 tablespoons margarine or butter
- ½ cup beef broth

Combine ground beef and dressing mix. Shape into meatballs. Melt margarine in a skillet and brown meatballs on all sides. Add broth. Cover and simmer until cooked through (10-15 minutes). Serve warm with toothpicks. Makes 2 dozen.



Potato Skins

POTATO SKINS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix

- 4 baked potatoes, quartered

- $\frac{1}{4}$ cup sour cream

- 1 cup Cheddar cheese, shredded

Optional: green onions and/or bacon bits

Scoop out potatoes and combine with sour cream and dressing mix. Fill skins with mixture. Sprinkle with shredded cheese. Bake 12-15 minutes at 375° F. Garnish with green onions and/or bacon bits (if desired). Makes 8-10 servings.

HIDDEN VALLEY® TORTA

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix

- 2 packages (8 oz. each) cream cheese

- 1 jar (6 oz.) marinated artichoke hearts, drained and chopped

- $\frac{1}{3}$ cup roasted red peppers, drained and chopped

- 3 tablespoons fresh minced parsley

Cream the cheese and dressing mix together. In a separate bowl, stir together artichokes, peppers and parsley. In a 3-cup bowl lined with plastic wrap, alternate layers of cheese and vegetable mixtures — beginning and ending with a cheese layer.

Chill 4 hours or overnight. Invert on plate; remove plastic wrap. Serve with crackers. Makes 10-12 servings. Refer to creative ideas on back cover for the frosted garnish (shown in photograph).

7 LAYER SOMBRERO DIP

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix

- 1 cup sour cream

- 1 can (16 oz.) refried beans

- 1 cup diced tomatoes

- 1 can (4 oz.) diced green chiles, drained

- 1 can (2.25 oz.) sliced black olives, drained

- $\frac{3}{4}$ cup each: shredded Cheddar cheese and Jack cheese

Optional: chopped avocado

Spread beans on 10-inch serving platter.

Blend sour cream and dressing mix.

Spread over beans. Layer remaining ingredients. Serve with tortilla chips. Makes 8-10 servings.

Torta



HIDDEN VALLEY® CHOPSTICK CHICKEN SALAD

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 cup milk
- 1 cup mayonnaise
- 2 tablespoons soy sauce
- 8 cups torn lettuce
- 2 cups shredded cooked chicken
- 1 cup *each*: chopped green onions and water chestnuts

Optional: 1 cup toasted sliced almonds

In bowl, combine dressing mix with milk and mayonnaise. Mix well. Cover and refrigerate. Chill 30 minutes to thicken. Stir in soy sauce. Toss with remaining ingredients; top with almonds, if desired. Makes 4-6 servings.

To make LOWER FAT Hidden Valley® Original Ranch® Dressing Mix, substitute low fat milk and light mayonnaise for regular milk and mayonnaise.

SALADS

BACON VINAIGRETTE DRESSING

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- $\frac{1}{4}$ cup *each*: water and vegetable oil
- 2 tablespoons *each*: cider vinegar and bacon bits
- 1 tablespoon light brown sugar

Whisk all ingredients together. Makes about $\frac{3}{4}$ cup.

Serving Suggestion: Serve on spinach salad (12 oz. torn spinach, 1 cup sliced mushrooms, $\frac{1}{2}$ cup quartered cherry tomatoes and 1 cup croutons).

Pictured at left (from top to bottom): Chopstick Chicken Salad, Bacon Vinaigrette Dressing.

PINEAPPLE CHICKEN SALAD

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- ½ cup mayonnaise
- ¼ cup pineapple juice
- 2 cups cubed, cooked chicken
- 1 cup sliced celery
- 1 can (20 oz.) pineapple chunks (reserve juice for above)

Combine dressing mix with mayonnaise and pineapple juice. Add chicken, celery and pineapple to mixture and toss well to coat. Chill. Serves 4-6.

ORIGINAL RANCH® WINTER VEGETABLE SALAD

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- ½ cup cider vinegar
- ⅓ cup water
- ¼ cup olive oil
- 2 teaspoons sugar
- 7 cups assorted vegetable pieces* such as broccoli, cauliflower and carrots

Combine dressing mix with vinegar, water, oil and sugar; set aside. Place vegetables in large resealable plastic bag or bowl. Pour dressing mixture over vegetables and shake well. Marinate in refrigerator 4 hours or overnight. Makes about 6 cups.

* raw or cooked crisp-tender



Potato Salad

HIDDEN VALLEY® POTATO SALAD

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- ½ cup mayonnaise
- ¼ cup water
- 8 medium potatoes (boiled, peeled and cubed)
- 1 cup sliced celery
- ½ cup chopped red onion

Combine dressing mix with mayonnaise and water. Add potatoes, celery and onions. Toss to coat. Chill. Serves 4-6.





HIDDEN VALLEY® GLAZED BABY CARROTS

1 packet (1 oz.) Hidden Valley®
Original Ranch® Dressing Mix

¼ cup *each*: butter and
light brown sugar

1 package (16 oz.) ready-to-eat peeled
baby carrots, cooked (boiled or
steamed)

Melt butter and sugar in large skillet. Add
carrots and dressing mix; stir well. Cook
over medium heat until hot and glazed;
about 5 minutes. Makes 4-6 servings.

SIDE DISHES

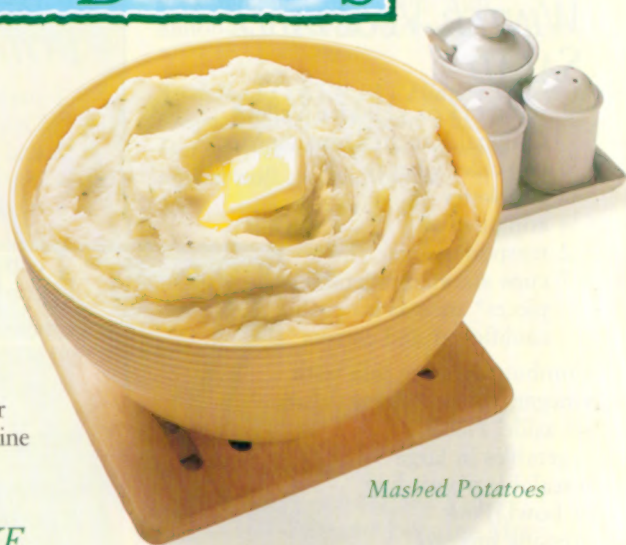
Glazed Baby Carrots

ORIGINAL RANCH® MASHED POTATOES

1 packet (1 oz.) Hidden
Valley® Original Ranch®
Dressing Mix

4 cups unsalted mashed pota-
toes, with or without skins

Add dressing mix to potatoes; stir
well. Serve with butter or margarine
(if desired). Makes 4 servings.



Mashed Potatoes

HASH BROWN BAKE

1 packet (1 oz.) Hidden Valley®
Original Ranch® Dressing Mix

1¼ cups milk

3 oz. cream cheese

6 cups hash browns, frozen
shredded potatoes

1 tablespoon bacon bits

½ cup shredded Sharp Cheddar cheese

In blender, combine dressing mix,
milk and cream cheese. Pour over
potatoes and bacon in 9-inch baking
dish. Top with cheese. Bake at 350°F.
for 35 minutes. Makes 4 servings.

ORIGINAL RANCH® ROASTED POTATOES

Featured on Cover

1 packet (1 oz.) Hidden Valley®
Original Ranch® Dressing Mix

2 pounds small red potatoes, quartered
¼ cup vegetable oil

Place potatoes in plastic bag and add
oil. Toss to coat. Add dressing mix
and toss again until coated. Bake on
ungreased baking pan at 450°F. for 35
minutes. Makes 4-6 servings.

CREAMY BROCCOLI AND CHEESE

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- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 8 oz. cream cheese
- $\frac{1}{4}$ cup milk
- 1 pound broccoli, cooked and drained
- $\frac{1}{2}$ cup shredded Sharp Cheddar cheese

In a blender, combine dressing mix, cream cheese and milk. Pour over broccoli in 9-inch baking dish; stir well. Top with cheese. Bake at 350°F. for 25 minutes or until cheese is melted. Makes 4 servings.



Broccoli and Cheese

ORIGINAL RANCH® GRILLED BREAD

Featured on Cover and Below:

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- $\frac{1}{2}$ cup butter
- 2 loaves French bread, cut in half lengthwise

Soften butter and stir in dressing mix. Spread on bread. Grill or broil until golden. Makes 2 loaves.*

Mozzarella Bread Variation: Sprinkle $\frac{1}{2}$ cup shredded mozzarella cheese on top before grilling or broiling.

*For smaller batch, spread only half of butter mixture on one loaf of bread and refrigerate remaining butter mixture for later use.

HOMESTYLE SPINACH AND MUSHROOMS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 cup milk
- 1 cup mayonnaise
- 2 boxes (10 oz. each) frozen chopped spinach, cooked and well-drained
- 1 jar (4.5 oz.) sliced mushrooms, drained
- $\frac{1}{2}$ cup shredded Parmesan cheese
- 1 cup crushed croutons, for topping

In bowl, combine dressing mix with milk and mayonnaise. Mix well. Cover and refrigerate. Chill 30 minutes to thicken. Combine dressing with remaining ingredients, except croutons, in 9-inch baking dish. Top with croutons. Bake at

325°F. for 25 minutes or until thoroughly heated. Makes 4-6 servings.

Grilled Bread



HIDDEN VALLEY® CITRUS CHICKEN SUPPER

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 tablespoon vegetable oil
- $\frac{1}{3}$ cup chicken broth
- 3 tablespoons orange marmalade

Sauté chicken in oil until browned. Combine dressing mix, broth and marmalade; pour on chicken. Cover and simmer 3-5 minutes. Makes 4 servings.

Serving Suggestion: Serve over rice; garnish with mandarin oranges. Refer to creative ideas on back cover for the candied orange peel garnish.

ORIGINAL RANCH® CRISPY CHICKEN

Featured on Cover

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
 - $\frac{1}{4}$ cup corn flake crumbs (or unseasoned bread crumbs)
 - 6-8 pieces chicken, with skin and bone
- Combine dressing mix and crumbs in large plastic bag. Add chicken and shake to coat. Bake on ungreased baking pan at 375°F. for 50 minutes. Makes 4-6 servings.

ENTREES

BURRITO WRAPS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
 - 2 cups shredded, cooked chicken
 - 1 cup sour cream
 - $\frac{1}{2}$ cup salsa
 - 4-6 (10-inch) flour tortillas, warmed
- Optional Fillings: black beans, lettuce, cabbage, red pepper strips, cheese.*
- Combine dressing mix, chicken, sour cream and salsa in saucepan; heat thoroughly. Fill tortillas with chicken mixture and desired fillings. Makes 4-6 servings.

*Pictured at left (from top to bottom):
Citrus Chicken Supper, Burrito Wraps.*

SKILLET FAJITAS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 2 tablespoons olive oil
- 1 tablespoon water
- 1½ pounds flank steak (cut into strips)
- 3 cups assorted pepper and onion strips
- 4 (10-inch) flour tortillas, warmed

Optional Fillings: guacamole, salsa, sour cream

Combine dressing mix, oil and water. Sauté flank strips in dressing mixture. Add peppers and onions; cook until tender-crisp. Place mixture in tortillas along with desired fillings. Makes 4 servings.

ORIGINAL RANCH® PORK CHOPS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- ¼ teaspoon black pepper
- 6 pork chops (about ¾ inch thick)

Optional: dash of paprika

Mix together dressing mix and pepper. Rub mixture on both sides of pork chops. Arrange chops in single layer on baking pan or broiler rack. Sprinkle with paprika (if desired). Bake at 450°F. for 20 to 25 minutes. Makes 4-6 servings.

Cheese Burgers

Skillet Fajitas

ULTIMATE ORIGINAL RANCH® CHEESE BURGERS

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 pound ground beef
- 1 cup shredded Cheddar cheese
- 4 large hamburger buns

Combine dressing mix with beef and cheese. Shape into 4 patties; cook thoroughly. Serve on toasted buns. Makes 4 servings.





Broiled Fish

ENTREES

SAVORY HIDDEN VALLEY® BROILED FISH

- 1 packet Hidden Valley®
Original Ranch® Dressing Mix
- $\frac{1}{3}$ cup lemon juice
- 3 tablespoons olive oil
- 3 tablespoons dry white wine or water
- $1\frac{1}{2}$ to 2 pounds mild white fish fillets,
such as red snapper or sole

*Optional: see page 15 for
Original Ranch® tartar sauce recipe.*

Combine all ingredients, except fish, in shallow dish. Mix well. Add fish and coat all sides with mixture. Cover and refrigerate for 15 to 30 minutes. Remove fish from marinade and place on broiler pan. Broil 9 to 12 minutes or until fish begins to flake. Makes 4 servings.

ORIGINAL RANCH® FISH FILLETS

- 1 packet (1 oz.) Hidden
Valley® Original Ranch®
Dressing Mix
- 1 package (19 oz.) breaded
fish fillets or fish sticks

*Optional: see page 15 for
Original Ranch® tartar sauce recipe.*

Shake dressing mix and fillets in large plastic bag until coated. Bake at 400°F. for 23-25 minutes. Serve with lemon wedges. Makes 4-6 servings.

TUNA SKILLET SUPPER

- 1 packet (1 oz.) Hidden Valley®
Original Ranch® Dressing Mix
- 8 oz. cream cheese
- 1 cup milk
- 8 oz. spiral-shaped pasta, cooked
and drained
- 2 cups frozen peas
- 2 cans (6 oz. each) tuna or
shrimp, drained

In blender combine dressing mix, cream cheese and milk. Pour over pasta, peas, and seafood in large skillet. Cook over low heat until hot.
Makes 4-6 servings.



Tuna Skillet

PRIMAVERA LIGHT

Featured on Cover

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 2 cups cooked chicken, cut in strips
- 8 oz. penne or other pasta, cooked and drained
- 1 pound cooked vegetables, cut in wedges (about 5 cups)
- $\frac{1}{4}$ cup chicken broth
- $\frac{1}{4}$ cup grated Parmesan cheese

In skillet combine chicken, pasta and vegetables. Stir dressing mix into chicken broth; pour into skillet. Cook and stir over low heat until hot. Stir in cheese; serve immediately. Makes 4-6 servings.



Red Pepper Pasta

ORIGINAL RANCH® BEEF AND NOODLE SKILLET

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 pound ground beef, cooked and drained and/or 1 jar (4.5 oz.) sliced mushrooms, drained
- 8 oz. wide egg noodles, cooked and drained
- 1 container (8 oz.) sour cream
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ cup grated Parmesan cheese

Optional: green onions

In saucepan combine all ingredients, except cheese. Heat thoroughly. Sprinkle with cheese. Garnish with green onions (if desired). Makes 4 servings.

HIDDEN VALLEY® RED PEPPER PASTA

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- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1 cup milk
- 1 cup mayonnaise
- 2 packages (9 oz. each) fresh spinach tortellini, cooked and drained
- 1 jar (7.25 oz.) roasted red peppers, rinsed, drained and cut into strips
- $\frac{1}{2}$ teaspoon dried, chopped basil leaves

In bowl, prepare dressing by combining milk and mayonnaise with dressing mix. Mix well. Cover and refrigerate. Chill 30 minutes to thicken. Stir together 1 cup prepared dressing, tortellini, peppers and basil in large saucepan. Heat thoroughly. (Refrigerate remaining 1 cup prepared dressing for later use.) Makes 4-6 servings.

ORIGINAL RANCH® TARTAR SAUCE

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- $\frac{1}{3}$ cup mayonnaise
- $\frac{1}{3}$ cup sour cream
- 2 tablespoons sweet pickle relish

Remove 1 tablespoon dressing mix from packet; blend with mayonnaise, sour cream and pickle relish. Chill 1 hour. Makes about 1 cup.

DID YOU KNOW?

- Broccoli is a good supplementary source of calcium, Vitamin A and Vitamin C.

- Buttermilk has the same fat content and calories as 2% milk.

- You can tell when a casserole is heated through when the sauce around the edge bubbles.

- As long as you store vegetable and olive oil in tightly capped containers in cool, dark places they can last for as long as one year.

- Low-fat dairy products contain as much calcium as whole milk products.

- Potatoes are a good source of Vitamin C.

- You can remove the fat layer from the top of soup or stock by using bread to skim the surface.

- To retain their nutrients, it's better to wash fresh vegetables than to soak them.

- You should grill meat a few minutes on each side before basting to make sure you do not contaminate your basting brush with the bacteria often found on uncooked meat.

- A nutcracker works well for unscrewing ketchup lids that won't open easily.

- Fresh herbs will last longer if you place them in a dry paper towel and then in a plastic bag before putting them in the refrigerator.

- After chopping onions, rubbing your hands gently with salt will remove the smell of onions from your hands.

- Brown paper garbage bags work well for draining bacon or other fried foods.

- Adding a marshmallow to the top of each cupcake during the last two minutes of baking makes a quick frosting.

- Placing an inverted saucer in the bottom of your lettuce bowl lets the extra water drain and accumulate under the saucer, keeping your salad fresh.

- A salt shaker filled with flour works well for dusting pans and coating chicken.

- A muffin tin works well for carrying hot baked potatoes.

- Slicing meat is easier if you freeze it first for about an hour.

- Hollowed out orange and grapefruit halves make ideal bowls for summer desserts or side salads.

- Spraying the inside of pans with non-stick cooking spray prevents water from boiling over when cooking.

- Adding a sheet of tinfoil under the napkin in your bread basket keeps bread warm longer.



- The linings from cereal boxes are a great substitute for waxed paper.
- When covered with aluminum foil, the round cardboard pieces under frozen pizzas make great platforms for decorating cakes.
- Wrapping foil from sticks of margarine and butter around baking potatoes adds flavor and keeps potatoes soft.
- Celery leaves, added to your skillet, prevent bacon from splattering while frying.
- You can tell if baking powder or soda is still working if it fizzes when you add a teaspoonful to hot water.
- Instant potato flakes can thicken gravy, chowders, soups and stews.
- To soften hard bread, soak a brown paper grocery bag in water, put your hard bread in the bag and place it in the oven. It only takes a few minutes for the bag to dry and the bread to soften.

- Tomatoes can be ripened and kept for weeks by wrapping individually in newspaper.
- Pretzel sticks are a nice alternative to toothpicks for spearing meatball appetizers.
- Immediately sprinkling salt on a spill in the oven will let you finish baking without worry. When you're done baking, the salt will have turned to ash and the spill will be easy to clean. 🍌



COLD STORAGE SAFETY Q & A

Q Should uncooked meat, poultry and fish be stored in the center of the refrigerator?

A No. They should be stored on a tray or plate in the bottom of the refrigerator to prevent their juices from dripping down and contaminating other foods.

Q How long can food keep in the car without being stored in a cooler?

A 30 minutes. Keeping food in the car longer can cause food to begin to spoil.

Q How long do bacon, lunch meats and hot dogs keep in the refrigerator after their plastic wrapping has been opened?

A One week should be the maximum time in the refrigerator before these meats begin to spoil.

Q How long do leftovers keep in the refrigerator?

A You should eat or freeze leftovers within four days of placing them in the refrigerator.

Q Is marinating meats at room temperature safe if the marinade contains an acidic ingredient such as lemon juice?

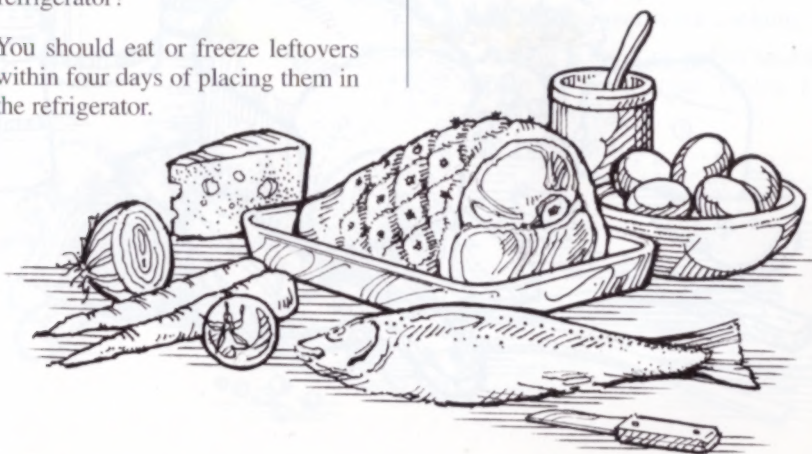
A No. All marinating should be done in the refrigerator to guarantee the safety of the meat.

Q How should frozen foods feel when you purchase them from the freezer case?

A Frozen foods should be rock-solid to ensure they are truly frozen and have remained frozen when transported.

Q How long will eggs last in the refrigerator?

A It's best to use eggs within two to three weeks. Always check the freshness date and discard cracked eggs to prevent exposure to bacteria.



KITCHEN SAFETY TIPS

Don't let mistakes in preparing meals result in your loved ones being among the 2.3 million cases of food poisoning reported in American kitchens each year. The following tips are basic, but effective.

Tip #1. Wash your hands, wash your hands—often and frequently! It's one easy and very important thing you can do to prevent the spread of bacteria.

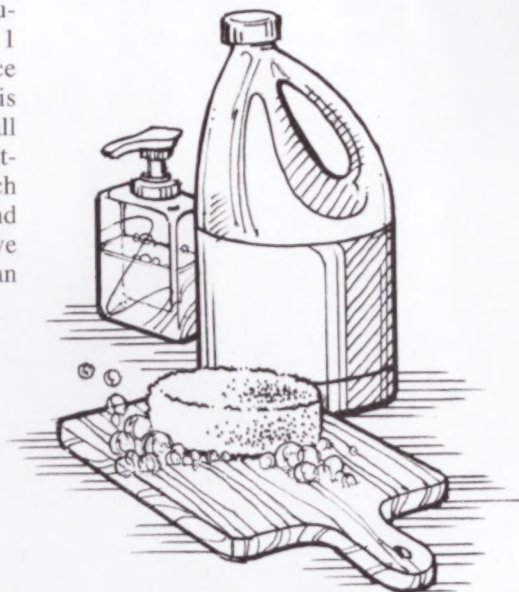
Tip #2. Never put cooked food on a plate that held raw foods. Proper cooking kills the bacteria found on meats and poultry. Reusing the original plate before washing it could contaminate your prepared meal with bacteria.

Tip #3. Disinfect cutting boards after using raw meat and poultry. Wash the cutting board in hot, sudsy water and rinse. Apply a bleach solution (3 tablespoons of bleach to 1 quart of water) keeping the surface wet for at least two minutes. This is the minimum time needed to kill all of the bacteria. Then rinse the cutting board with water. Also, bleach breaks down primarily into salt and water and therefore does not leave an active residue on surfaces that can flavor foods.

Tip #4. Keep hot food hot and cold food cold. Luke-warm temperatures are ideal for growing invisible bacteria that you can't see or taste.

Tip #5. Try not to spread germs from one day to the next. Those smelly odors in a sponge are caused by bacteria which can easily be spread on tables and counters. To keep these cleaning items free of bacteria try one of the following methods:

- 1) Use a clean kitchen sponge or dishcloth daily.
- 2) Place used sponges in a bleach solution for two minutes at the end of the day; rinse and let dry.
- 3) Place your used sponge in the dishwasher along with your evening dishes.



CREATIVE IDEAS

Pretty Garnishes

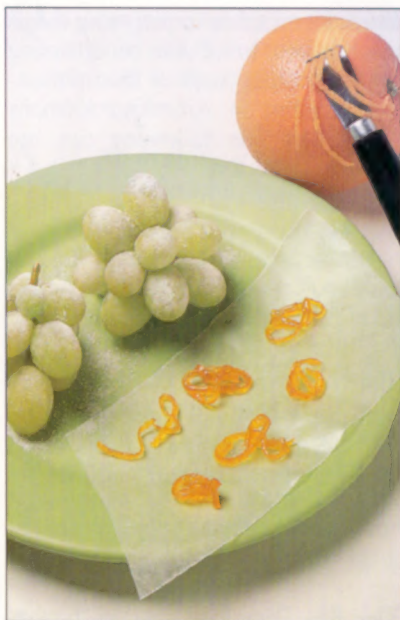
- Need a pretty garnish? Try frosted grapes. Dip small bunches into slightly beaten egg whites. Then coat grapes with granulated sugar. Dry on wax paper. *Please remember to use as a garnish only and do not consume as they have been dipped in raw eggs.*
- Try candied orange peel. Cut slices of orange peel and simmer in sugared water (equal parts sugar and water). Simmer until translucent. Let cool and sprinkle with granulated sugar.

Locating Recipes

- How do you quickly locate a favorite recipe in one of your recipe books? Start a recipe box with filing cards which state the recipe name along with cookbook name and page number of the recipe.

Gardening Tips

- Eggshells make nice planters to start seedlings. Break several eggs so the halves are intact, place them in an empty egg carton, fill the shells with soil and plant your seeds. When warm weather has come, simply crack the



shells around the roots of your plants and transplant them. The shell is a natural fertilizer.

- The water you've boiled potatoes or eggs in, as well as the water from steamed vegetables, is great for watering plants. 🌱

